

New and Expanded CommonHealth Fitness Class Offerings

James Monroe Building – 11th Floor

All Classes \$5/session – Register just before a class.

More Choices.
More time slots.
Less Stress.

*Revised
June 1*



Yoga

with **Manju Joshi**

Mon. – Tues. – Wed.

James Monroe – 11th Floor – Rm. B

12:15-1:10pm

Bring a Yoga Mat

Now 3 days a week

Yoga Blocks and Straps Available

Salsa & Latin Dance

Angel Rodriguez

Wednesdays 12:15 – 1:00pm

Wear smooth soled shoes to dance in!

*Dance toward fitness and
meet new people.*

New Dance Style Starts 5/28!

NEW!



NEW!

Discover the wonder of an indoor walking trail

New Spacious Walking Area

Take a break from your busy day.

Get Fit

Vance Pittman, Personal Trainer

Core/Strength/Balance

Mon. - Tues. – Thurs. 12:15-1:00pm

Bring a Mat and water Bottle

***You asked for it: After Work Class!
Starts June 3rd - Tuesdays 5:15-6pm***

NEW!

Watch for: Special Martial Arts/Self Defense class Demo – June 18 – 12:30-1